

thePost

Vol. 81, No. 27

Published for the Fort Dix Community since 1942

July 7, 2006

Birthday tribute lights the night

An evening that began with thunder and lightning ended with the splash of fireworks across the sky over Doughboy Field July 4.

More than 15,000 people gathered for the man-made pyrotechnics, a variety of music and games and the swearing in of the 2006 Honorary Commanders for Fort Dix – a traditional celebration of the nation's 230th birthday.

"My family has been coming to this since 1952," said Mike Hayes of Philadelphia as he ducked a frisbee tossed by his grandson. "My dad was stationed here during World War II, and it just seems like the right place to celebrate the Fourth, especially now that so many Soldiers are coming through here again."

A musical smorgasboard was pro-

vided by TJA Enterprises/Megatouch Productions.

Honorary Commanders sworn in by Col. Dave McNeil, installation commander, for 2006-2007 were Paul Braun, Norm Harkins, Robert Richter, Eric Allen, Gil Lugosy, Eric Spevak, Stephan Duncan, Donald Brown, Don Koos and Joseph Ridolfi. Each will serve as an ambassador for Fort Dix in surrounding communities during the year.

The Silver Wings Parachute Team from Fort Benning, Ga., also dropped in on the celebration, with extra jumper Col. McNeil as part of the team that landed on the field.

The event was orchestrated by Directorate of Morale, Welfare and Recreation employees.



Ed Mungin

PATRIOT'S DELIGHT – Fireworks lit up the night sky as part of the Fort Dix Fourth of July celebration. During the event, a group of Honorary Commanders was sworn in by Col. David McNeil, installation commander, far left. Serving a second term as Honorary Commanders are, from right, Paul Braun, Norm Harkins, Robert Richter and Eric Allen. For more photos see page 5.

Ron Kopp, TJA Enterprises/Megatouch Productions

Employers go green for a day at Dix

Carolee Nisbet
Editor

For civilian employers of Soldiers in the National Guard and Reserve, mobilization is simple, if not easy: Valued members of their workforce disappear for a couple of years.

Fort Dix partnered with the Employer Support for the Guard and Reserve June 30 to fill in the blanks with a day-long, hands-on look at training and mobilization. More than 100 guests flooded through the Public Affairs Office for breakfast, helmet fitting and a series of briefings designed to set the backdrop for a day on the training ranges.

The trip to the Range 59 Complex was brief, a few noisy minutes in either a Chinook or UH-1 helicopter.

A row of military vehicles drew lots of attention, as people got close-up looks at HUMVEES and other weapons. Bill Feeney, Fort Dix, provided a display of Chemical, Biological, Radiological and Nuclear gear and information.

Then came the real treat. It was chow time and all the employers were introduced to the culinary cuisine of today's field Soldier: Meals-Ready-to-Eat (MREs). After a few short safety instructions on how to use the heater bags, lunch was on. The employers first tentatively, then voraciously, tore into the MREs.

The visitors next moved to firing

ranges, where each person had the opportunity to fire a weapon, and on to the Mobile Military Operations in Urban Terrain site. There, they got a close-up look at training as a mobilizing unit swept through the mock village and hunted down a terrorist.

The last stop of the day was the Forward Operating Base, where visitors saw more training as role-players (Civilians On The Battlefield) stormed a checkpoint guarded by Soldiers.

After closing comments by McNeil, the group headed back to main post and the end of the day-long opportunity to see how Soldiers train.

The most common comment was, "Wow! I never thought it was like this, and I have a real admiration now for what Soldiers do."

Don Koos, World War II veteran, Fort Dix Honorary Commander and member of the 29th Infantry Division Association, agreed: "Every American needs to come and see what our American Soldiers are doing for them. They are going into tough situations daily in Iraq and this training shows exactly what our Soldiers are doing overseas."

Kathy Ochipinti, Fort Dix Directorate of Resource Management, was amazed at the level of detail in the training. "Three of the Soldiers were walking down the street, and one was supposed to be walking backwards to protect their rear," she said. "He didn't do it, and if it had been real, it would have been the death of three Soldiers."

(continued on page 12)



David Moore

MOBILE MOUT SITE – Visitors at Fort Dix for Employer Appreciation Day June 30 gather on the roof of a simulated building to watch Soldiers run through a training scenario at the post's mock village. The training visit was part of a day-long event designed to give civilian employers a clear idea of what their employees do when called to active duty.

WEATHER

FRIDAY -- Pleasant with sunshine, mixing with some clouds, especially at night. High of 78 degrees, low of 62.

SATURDAY -- Periods of clouds and sun, partly cloudy at night. High of 81 degrees, low of 64.

SUNDAY -- Humid with sunshine and patchy clouds, mostly cloudy at night. High of 83 degrees, low of 68.

MONDAY -- Humid with intervals of clouds and sunshine, with a chance of a shower or thunderstorm in the afternoon. High of 85 degrees, low of 68.

Guard, Reserve attend warrant officer school

Sgt. Shawn Morris
444th MPAD

National Guard Soldiers are an indispensable part of today's fighting force, but one undeniable difference between these Citizen-Soldiers and their active-duty counterparts is a relative lack of training time.

Reserve-Component service members typically serve one weekend a month and two weeks in the summer, often while holding a full-time civilian job. Soldiers on active duty have the entire year to train and work in their Military Occupational Specialty (MOS).

With that discrepancy in mind, the Army has created the Warrant Officer Candidate School – Reserve Component (WOCs – RC). Open to National

Guard and Reserve service members, this nine-month course offers an alternative to the traditional 36-day warrant officer course at Fort Rucker, Ala.

"It's designed for that part-time Soldier who really can't afford to get away from his full-time job," explained CW5 Al Curving, command chief warrant officer for the New Jersey Army National Guard. Curving also noted that only technical-service warrant officer candidates can attend the WOCs – RC. Aviation warrant officer candidates are still required to complete the full-time course at Fort Rucker.

WOCs – RC is separated into three phases. Phase One consists of distance learning and usually takes about three months to complete. Students can access the coursework on their home computers or from learning centers.

(continued on page 3)

Mobilization numbers up for Army reservists

This week, the Army, Navy and Marine Corps announced an increase in the number of reservists on active duty in support of the partial mobilization, while the Air Force numbers decreased and Coast Guard numbers remained the same.

The net collective result is 1,334 more reservists mobilized than last week.

At any given time, services may mobilize some units and individuals while demobilizing others, making it possible for these figures to either increase or decrease.

Total number currently on active duty in support of the partial mobilization for the Army National Guard and Army Reserve is 82,487; Navy Reserve, 4,863; Air National Guard

and Air Force Reserve, 7,127; Marine Corps Reserve, 7,311; and the Coast Guard Reserve, 322.

This brings the total National Guard and Reserve personnel, who have been mobilized, to 102,110, including both units and individual augmentees.

A cumulative roster of all National Guard and Reserve personnel, who are currently mobilized, can be found at <http://www.defenselink.mil/news/Jun2006/d20060628ngr.pdf>.

At Fort Dix, mobilization and demobilization totals have climbed to more than 80,000 Soldiers since September 11, 2001, with more units now training to deploy and more arrivals scheduled.

Visit Fort Dix on the Internet at <http://www.dix.army.mil>

Army helps former boat person find American Dream

Steve Snyder
Public Affairs Staff

Spc. Ngoc Kim, 382nd Military Police Bn., is living the American Dream.

In a ceremony both suitably somber and joyous held at the U.S. Citizenship & Immigration Service (USCIS) in Cherry Hill last Friday, Kim was sworn in as an American citizen. He's come a long way from the Mekong Delta.

Kim was born 29 years ago in Tracu, a small farming village close to the Mekong Delta in southern Vietnam. His parents were not wealthy but happy until the communists took over the family farm in 1986. Their mania was collectivization, vigorously enforced after the North took over South Vietnam in 1975.

But land reforms didn't do anything for the Kims except impoverish them. Kim's father sent him and his older brother to accompany their uncle in an attempt to reach America, in their eyes the land of freedom and opportunity.

After sailing in a rickety craft seven days and nights without water, the 12-year-old Kim and 66 other refugees arrived in Thailand. He remembers his boat picking up a woman adrift who had been raped by pirates.

After a week in Thailand, Kim's crowd was sent to Malaya, part of 8,000 people in a refugee camp there. In 1989 Kim was transferred to a camp in the Philippines where he learned English and was closer to being accepted into America.

Finally, in 1990, he arrived in Philadelphia and settled in Lowell, Mass., which contains a substantial Vietnamese immigrant community.

Always eager to get ahead, a signpost of the American Dream, Kim joined the Army Reserve in 2001. After completing basic training at Fort Knox, Ky., Kim picked up some valuable training as an engineer working with power generators. But 9/11 intervened and Kim's unit was cannibalized to help out where they could.

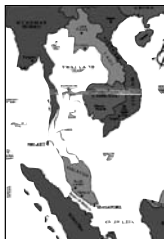
He's been at Fort Dix since May, finding a new home with the 382nd MP Bn.

For Spc. Kim, home is where the heart is. And that's in the United States and its Army.



www.vietka.com

CRUEL SEA -- After the North Vietnamese conquered their southern brothers in 1975, an estimated 250,000 men, women and children took to the seas in following years to escape communist tyranny. About one-third of the Vietnamese boat people died at sea, being murdered by pirates, succumbing to storms, by illness or food shortage. Twelve-year-old Ngoc Kim survived seven days at sea without food or water before landing in a refugee camp in Malaysia and then moving on to another camp in Thailand. Today, he's an American citizen and specialist in the United States Army.



Phuket Maps

PATH TO FREEDOM -- Spc. Kim and many other Vietnamese boat people set sail from southern Vietnam across the Gulf of Thailand, landing in either Thailand or Malaysia. The refugees couldn't very well skip over the border to Kampuchea (Cambodia) whose people at the time were bled dry by the genocidal atrocities committed by the regime of Pol Pot. All they could do was set out on a hostile sea.



Steve Snyder

ESPIRIT DE CORPS -- 1st Lt. J. Clayton Jeffries, left, joins Spc. Ngoc Kim, center, and Sgt. James Adams, right, in waving flags at Kim's naturalization ceremony Friday. All of the men belong to the 382nd Military Police Bn.



Steve Snyder

JOYOUS OCCASION -- Spc. Ngoc Kim from the 382nd Military Police Bn., currently training at the FOB at Fort Dix, at front center, takes the oath of allegiance to the United States to become a citizen Friday, June 30, at the U.S. Citizenship & Immigration Service at Cherry Hill. Michael Borgen, officer in charge of USCIS, right rear, administers the oath. The USCIS is now part of the Department for Homeland Security.



Steve Snyder

SMILES -- Spc. Ngoc Kim relaxes during a recent interview at the Public Affairs Office. The 29-year-old resident of Lowell, Mass., has reason for good cheer. He's about to become a U.S. citizen! Kim is slated for overseas duty shortly with his new unit, the 382nd Military Police Battalion.

Program slays paper tiger for new citizens

Steve Snyder
Public Affairs Staff

Amada Espinoza had a problem.

"At the latest (2006) Joint Services Relocation Training held in May in Orlando, Fla., I had the opportunity to voice my concern to Leslye A. Arsh, Under Secretary of Defense, Military Community and Family Policy," Espinoza recalls.

Some foreign spouses (to American soldiers) were being "left behind without Permanent Resident Cards. (Without that card) these spouses cannot get a social security number that allows them to obtain a driver's license. They cannot work, cannot go to school nor receive financial assistance, nor can they get social services such as food stamps."

Espinoza, who serves as program manager for Fort Dix's Relocation Readiness Program in addition to other duties at the Army Community Services (ACS) here, believes "it's imperative that service members with foreign-born spouses who do not have Permanent Resident Cards complete the necessary forms as soon as possible so that their families can become 'ready and prepared' to meet the challenges of deployment."

Soldiers should not have to worry about the welfare of their spouses and families when they undertake deployment overseas, Espinoza says. The enemy gives them enough to worry about.

"It is also important that foreign-born military personnel who are married to foreign-born spouses lacking a Permanent Resident Card become citizens themselves because the process it takes to get a card is faster to complete for those petitioning to become U.S. citizens than when the petitioner is merely a Permanent Resident Card holder."



Steve Snyder

HELPING HAND -- Amada Espinoza counsels Spc. Ngoc Kim prior to his gaining United States citizenship last Friday, June 30, at the U.S. Citizenship and Immigration Service office at Cherry Hill. In her tenure as Relocation Readiness Program Manager at Fort Dix for the last decade or so, Espinoza has aided many Soldiers and their spouses in obtaining naturalization or other benefits.

Under Regulation 608-1, Section III, 4-27, the Army Community Relocation Readiness program is tasked with providing assistance to multicultural families. The program provides citizenship and immigration assistance to service and family members of all military branches.

Espinoza is determined that nobody will fall between the cracks. She's an expert on the four key pillars of the Relocation Readiness Program. They are: Naturalization, Permanent Residence Card and Fiancee/Spouse visas.

Foreign nationals serving in the U.S. military for a total of one or more years are especially ripe for a relatively quick path to becoming a U.S. citizen. Aside from the general requirements of having a good moral character, speaking English, demonstrating a knowledge of the U.S.

government and its history and demonstrating allegiance to the U.S. by taking an oath of allegiance to the U.S. Constitution, wannabe citizens who are already in the U.S. military need at least a year of active duty, a Permanent Residence Card, and have to inform whether they are filing an application for naturalization while still in the service or within six months of being discharged.

Application procedures for attaining a Permanent Resident Card are equally imposing. Applicants need to fill out Form 1-485 to register permanent residence or adjust status; Form G-325A biographic data sheet (for those between 14 and 79 years old); Form 1-693 Medical Examination Sheet (not required if you are applying based on continuous residence since before 1972, or if you have had a medical exam based on a fiance' visa); two color photos taken with 30 days (INS Form 1-485 contains instructions); Form 1-864 Affidavit of Support (completed by sponsor); Form 1-765 Authorization for Employment (if seeking employment while case is processed); and evidence of inspection, admission or parole into the United States (INS Form 1-94, arrival departure record).

There are addition bureaucratic paperwork requirements that are best handled by reviewing with a counselor.

Lawful permanent residents or conditional permanent residents do not need an Employment Authorization Document, or Employment permit. Others may apply by filing an INS Form 1-765 (application for employment authorization). Appeals and such are best handled by seeking the advice of a counselor.

Finally, spouses of military personnel can file for K-2 and K-3 fiancee or spouse visas. Immigration and naturalization services with the United States are handled by the U.S. Citizenship and Immigration Service, now a part of the Department of Homeland Security. Anyone interested in immigration and naturalization services can visit the USCIS Web site at www.uscis.gov, or call the USCIS Service Center toll free at 1-800-375-5283 for automated information and live assistance re immigration issues.

But for Soldiers, spouses and other military personnel fortunate enough to reside in the Fort Dix area, Amada Espinoza can take the pain out of paperwork and help push forth worthy people on their way to becoming Americans and enjoying the numerous benefits therein.

Espinoza can be reached at (609) 562-2767 in the Army Community Services building on Fort Dix.

She slays paper tigers.



Steve Snyder

SECRET LOVE? -- Spc. Ngoc Kim explains to an official at the U.S. Citizenship and Immigration Service at Cherry Hill why he failed to mention that he was married on the naturalization forms he filled out.

the Post

This newspaper is an authorized publication for members of the military. Contents of The Post are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army, or Fort Dix. It is published weekly by the Public Affairs Office, Fort Dix, AFRC-FA-PA-CL, Fort Dix, N.J. 08640-5075, (609) 562-5037. Circulation: 9,400.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected.

All editorial content of The Post is prepared, edited, provided and approved by the Public Affairs Office of Fort Dix. The Post is printed by The Burlington County Times, Inc., a private firm in no way connected with DA, under exclusive written contract with Fort Dix. The printer is responsible for commercial advertising.

The appearance in this publication, including inserts or supplements, does not constitute endorsement by the Department of the Army, or the Burlington County Times, Inc., of the products or services advertised. Queries on news content will be answered by the Fort Dix Public Affairs Office. For advertising call (609) 871-8087.

Visit Fort Dix on the Internet at
<http://www.dix.army.mil>

Post Commander Col. R. David McNeil
Public Affairs Officer/Editor Carolee Nisbet
PA Specialist/Webmaster David Moore
PAO Automation/Admin Veverly Wakefield
PAO Media Relations Pascual J. Flores
PAO OpEd/Features Steve Snyder

Fort Dix Public Affairs Office Contract Workers
Melissa Bird, Wayne Cook, Ed Mingin, Shawn Morris

WE GUARANTEE DELIVERY of your Fort Dix Post
The delivery of your Fort Dix Post newspaper is handled by the Burlington County Times. If for some reason you are not satisfied with the service of your newspaper, please call us direct, 871-3000.

Warrant officer school

(continued from page 1)
Phase Two is held during five drill weekends at one of 13 regional training institutes where students learn about topics such as operations, military history and leadership. Soldiers from New Jersey can attend Phase-Two training at Camp Rell, Conn., or Fort Indiantown Gap, Pa.

Finally, students spend Phase Three at Camp Atterbury, Ind., for a two-week Field Training Exercise (FTX) that tests their physical and mental abilities, as well as their warrior and leadership skills. The FTX ends with a 12-mile tactical road march.

The first WOCS — RC class (06-500) began in January, and consists of approximately 150 National Guard and 20 Reserve students — including two New Jersey National Guard Soldiers. They are scheduled to graduate Sept. 30.

"We're now recruiting for class 07-500, which will start Oct. 1," said Curving.

Recruiting is a key element of this new course, as the National Guard is only slightly above 50-percent strength in technical-service warrant officers. And out of that group, two-thirds are retirement-eligible, according to Curving.

This new course, plus incentives such as a \$10,000 bonus and a possible 8- to 11-percent pay raise in April 2007, are raising hopes that a new, young crop of warrant officers will take the reins from their aging predecessors.

Of course, not everyone can sign up for WOCS — RC. Candidates must have at least 6-8 years time-in-service, with 18- to 24-months supervisory experience preferable. They must also hold an MOS that falls under one of the 17 warrant officer-eligible branches. Other requirements include being between the ages of 18 and 46, scoring a 110 or higher on the



Air Force Staff Sgt. Sarayuth Pinthong

MASTERS OF THEIR CRAFT — Army Chief Warrant Officer Troy Williams conducts a thorough engine cleaning after a UH-60 Black Hawk helicopter mission in Timerhri, Republic of Guyana. Aviation warrant officers may be the most glamorous, but half of all warrant officers are in technical-service. It is these unsung heroes who will arise from National Guard and Reserve service members upon graduation from the new Warrant Officer Candidate School - Reserve Component.

General Aptitude Area Test, being a U.S. citizen, and passing the Army Physical Fitness Test.

Also, not every Soldier will want to become a warrant officer.

"If you want to lead troops, you shouldn't become a warrant officer," warned Curving, who

explained that the warrant officer's role is that of a subject-matter expert who supports his or her commander. Being a warrant officer is also very hands-on, which isn't true for officers and higher-ranking noncommissioned officers (NCOs).

"(The Soldiers) need to identify where they can do the greatest good for themselves and the Army," said Curving.

Anyone interested in more information about the next WOCS — RC class should call Curving at 562-0969 or send e-mail

albert.curving@us.army.mil

Lease signing dates set for coming week

United Communities held a town hall meeting July 6 at the McGuire Theater to discuss the upcoming lease signing. The meeting included a question-and-answer session.

The schedule for signing leases, which will be conducted at 2838 Falcon Courts East, follows:

- | | |
|------------------------------------------------------|------------------------------------------------------|
| July 10 | July 12 |
| ● 8 a.m. to noon for ranks E-1 to E-6 | ● 8 a.m. to noon for ranks E-1 to E-6 |
| ● 1 to 4 p.m. for ranks E-7 to E-9 and O-1 to O-5 | ● 1 to 4 p.m. for ranks E-7 to E-9 and O-1 to O-5 |
| July 11 | July 13 |
| ● 8 a.m. to noon for ranks E-7 to E-9 and O-1 to O-5 | ● 8 a.m. to noon for ranks E-7 to E-9 and O-1 to O-5 |
| ● 1 to 4 p.m. for ranks E-1 to E-6 | ● 1 to 4 p.m. for ranks E-1 to E-6 |
| | July 14 |
| | ● 8 a.m. to noon for ranks E-1 to E-6 |
| | ● 1 to 4 p.m. for ranks E-7 to E-9 and O-1 to O-5 |

For more information, call Mary Davis at 754-6188.

Police Log

Police Log is a weekly synopsis of significant police activities developed from reports, complaints, incidents or information received and actions taken, for the week of 26 June - 2 July 2006.

The abbreviation DoD stands for Department of Defense; NAFFD means Not Affiliated with Fort Dix (the subject doesn't live or work here); NCIC stands for National Crime Information Center; DWI means Driving While Intoxicated; CDS means Controlled Drug Substance; POV means Privately Owned Vehicle; MAFB stands for McGuire Air Force Base; AHCC stands for Ambulatory Health Care Clinic (MAFB); VMHBC stands for Virtua Memorial Hospital of Burlington County; CP# stands for Checkpoint Number.

● An Air Force Member, NAFFD, struck a deer on 8th Street. The vehicle sustained damage to the front left side. The deer was killed on impact.

● Police responded to a report of accidental damage to government property. Investigation revealed that a UH-47 helicopter being transported for static display was shifted by a strong gust of wind causing damage to the helicopter and an adjacent building.

● Police responded when notified of damage to a private vehicle. Investigation revealed that a Fort Dix contract employee noticed her rear passenger window had been broken in an unknown manner.

● Police responded when notified an open container of alcohol had been discovered in a truck entering the commercial vehicle gate. The vehicle was detained and searched. The bottle of alcohol was emptied out and thrown away. A check of a passenger in the truck revealed two outstanding warrants. After contacting the warrant originating agency, the individual was transported off base and released on her own recognizance.

● An NCO assigned to Fort Dix reported an incident of road rage to the police desk. The incident occurred at the Wrightstown Circle. Investigation continues.

● Police responded when a vehicle struck a utility pole. Investigation revealed that a civilian, NAFFD, was driving his vehicle on Brindle Lake Road when he experienced a syncope episode. The vehicle crossed to the opposite lane and struck a utility pole. Range medics stabilized the individual and transported him to VMHBC. The vehicle was towed from the scene.

● Police responded to a report of a motor vehicle accident. Investigation revealed that an NCO assigned to Fort Dix struck a concrete barrier while exiting a parking space. The vehicle sustained dents and scrapes on the left rear quarter panel.

● Police responded to a motor vehicle accident at the Shopette. Investigation revealed that a vehicle operated by a soldier, NAFFD, was traveling against traffic flow on the South side of the Shopette and struck a vehicle backing from a marked parking space. Both vehicles sustained minor damage.

● A civilian, NAFFD, attempting to enter the installation at the Wrightstown Gate, was discovered to have a suspended driver's license and an outstanding warrant from Chesterfield Police. The individual was cited and transferred to the custody of Chesterfield Police. The vehicle was driven from the scene by a licensed driver.

● During a routine traffic stop on Ft Dix Road, a check of the operator (a civilian NAFFD) revealed several outstanding warrants. The individual was transferred to the custody of Manchester Township Police. The vehicle was driven from the scene by a licensed driver.

● An NCO assigned to Fort Dix reported that a vehicle had been parked in the same spot near bldg 5404 since 26 March 2006. Investigation revealed the vehicle was reported stolen from a rental car agency. The agency responded to the scene and took custody of the vehicle.

● Police responded to a report of accidental damage to government property at Quarters #3. Investigation revealed a large tree limb fell on the roof of the garage. DPW was notified and responded.

● Police responded to a report of larceny at building 5612. Investigation revealed that person(s) unknown stole digital camouflage clothing and T-shirts from a clothes dryer. Investigation continues.

● Police observed an unattended vehicle on the shoulder of Cookstown Road. Investigation revealed the vehicle had been stolen from the Trenton, NJ train station parking lot. The vehicle was also involved in an incident in Manchester Township, NJ. The vehicle was towed from the scene and the owner was contacted.

● There were 11 expired identification cards confiscated during the period.

● There were 6 Magistrate Court Citations issued for moving violations. DWI incidents remain at 14 for the year.

Soul Line Dance Lessons

Held Sundays
from 3 to 5 p.m.

at Club Dix

\$7 per person

Call (609)383-9576
for more information

Volunteers are needed for Fort Dix Special Observances Committees

Martin Luther King Jr. Birthday
Black History Month
Women's History Month
Holocaust Remembrance Day
Asian Pacific Heritage Month
Women's Equality Day
Hispanic Heritage Month
Native American Heritage Month

For more information call
Denise Horton at 562-4011



Wayne Cook

ACE NCO -- Sgt. 1st Class Andre Wilson, NE ARISC, was named NCO of the Year for the Military Intelligence Reserve Command during a competition held at Fort Belvoir, Va., in May.

Intel Soldier named 2005 NCO of Year

Wayne Cook
Public Affairs Staff

A Fort Dix Non-commissioned Officer (NCO) came away with the title during the first-ever Military Intelligence Reserve Command (MIRC) NCO of the Year competition.

Sgt. 1st Class Andre Wilson of the North East Army Reserve Intelligence Support Center (NE ARISC) captured the top honor after competing against some of the top NCOs in the command at Fort Belvoir, Va., in May. He is the first Soldier to be awarded the title for the command as this is the inaugural year for the event.

"I was extremely honored that my commander and peers thought that much of me that they submitted me for the competition," said Wilson.

"It was an easy selection to make," said Lt. Col. Carolyn Kleiner, commander, NE ARISC.

"Sgt. 1st Class Wilson impressed me from the first time I met him. He has impeccable military bearing and a wide

knowledge of world news events. I knew right away he would be one of our great NCOs and trainers," she said.

Wilson balances his duties as a counter-intelligence NCO and a member of the unit's traveling training team that travels to all 14 subordinate sites of the NE ARISC. He also makes sure that he keeps a balance with his family involvement as he is very devoted to his wife and six children.

"Asking Sgt. 1st Class Wilson and encouraging him to compete for NCO of the Year placed an additional burden on him because he already was scheduled for back-to-back training events at other sites," Kleiner said.

Wilson takes his job and the additional duties of training Soldiers very seriously. He believes it is his primary responsibility to ensure that Soldiers are fully trained before they deploy to the overseas arena.

He is constantly reminded of a motto that was adopted by some of the drill sergeants at Fort Jackson when they were training Soldiers for mobilization. Its origin is unknown but its message is clear: Let no Soldier cry from beyond the grave, "If only I had been trained."

He took that motto to heart when he was a drill sergeant and he takes it seriously now as he prepares Soldiers for duty in a war zone.

"I had to juggle the mission and representing the unit at higher headquarters. I knew I wanted to meet training requirements and learn about my job so I could perform my very best at my mission. I didn't want to let preparing for the competition to distract me from my preparing Soldiers to go overseas to do their jobs," Wilson said.

"I knew I would do well on the military knowledge but I wasn't a subject matter expert

on many of the other categories on the list of required knowledge. I knew it was going to take a lot of studying. I had determined that if I was going to go and represent the unit then I wasn't going to just show up; I was going to win," stated Wilson.

Wilson had a lot of help from his peers and his family in preparing for the competition. His greatest help came from his mentor and sponsor, Master Sgt. Maria Serrano, operations NCO, NE ARISC.

"I am very appreciative of all the support I received from my family and unit members. Without their support I would not have achieved the level of success that I did. Especially I'd like to mention Master Sgt. Serrano who mentored me and gave me guidance throughout the entire process. Also Sgt. 1st Class Deanna Ferguson, Sgt. 1st Class Michael Clauss and Sgt. 1st Class Ronald Lactaon, who gave so much of their time and energy on my behalf," he said.

Serrano is one of Wilson's biggest supporters.

"I saw in Sgt. 1st Class Wilson the ability to stand up and do the right thing. He has the where-with-all and professionalism to complete the job and give it his utmost attention and energy. He understands what it means to represent his command and the Army," Serrano said.

"He actually came to me and volunteered to accept the challenge to compete for this award. That makes him an exceptional Soldier. Obviously he has not disappointed anybody," Serrano added.

"As I expected Sgt. 1st Class Wilson rose to the occasion and studied long hours to prepare. Master Sgt. Serrano was a superb mentor and sponsor for him. We gathered the team around him to support his efforts and we are all very proud of him and his accomplishments," said Kleiner.

After the MIRC, Wilson competed at the United States Army Reserve Command (USARC) competition. Unfortunately he came up a little short but not deterred.

"If I am still eligible next year I would like to take another shot at the USARC competition and see if I can make it all the way to the top at the Department of the Army competition. I'd like to see if I can attain the level of the very best in the Army. It is the competitor in me," said Wilson.

Wilson, who is accustomed to performing at the top levels, is determined to do just that. His background showcases his abilities as he had been named Soldier of the Year for United States Army South in 1992 and also Distinguished Honor Graduate of his class in Drill Sergeant's School in 1998. He is also a recipient of the Soldier's Medal.

Wilson is truly a top NCO and deserving of his honor as the MIRC NCO of the Year.

I had determined that if I was going to go and represent the unit then I wasn't going to just show up; I was going to win.

Sgt. 1st Class Andre Wilson
NE ARISC

NEIGHBORHOOD

THE CORNER

Yard of the Month competition ongoing

Yard of the Month Selections have begun. It's summer time and that means barbecues with family and friends, playing outside, and YARD WORK.

It's a golden opportunity to get out there and get some dirt under your fingernails, and show some real pride in your home. Simple things like winding up the hose, storing the kids' toys, or finishing the plantings you started go a long way in setting your home apart from your neighbors.

There are many other things that you can do to put yourself in the running for yard of the month.

●**EDGING** - A nice, crisp edge between the lawn and places like curbs and sidewalks looks really sharp.

●**PRUNING** - Taking care of wild shrubs, plants, and trees.

●**FERTILIZE** - Lawn fertilizer can be applied at any time, and if you buy a generic brand, it is very reasonable.

●**GARDEN LIME** - Putting down garden lime, will kill many of the weeds in your yard, and make your grass healthy.

●**MULCH** - Mulching flower beds- Mulch is a great way to keep weeds out of flower beds and reduces the amount of water your flowers need.

Inspections for Yard of the Month will be performed on monthly. We are looking for the yard that says, "I am proud of my home, and set an excellent example in the Fort Dix Community."

Yard of the month winners and the first runners up will receive recognition from the installation commander and will also receive a gift from Fort Dix MWR.

Reintegration groups offer kids chance to cope

Have school-age children?

Is your partner facing deployment, or reintegration?

Soldier & Family Life Consultants in conjunction with Army Community Service will be offering groups for children with deployment concerns. The groups will have fun activities and provide the setting for talking about family changes during this time.

The groups will be starting in July for five weeks. The time and date have not been determined. To register your child for the group or for more information, please call Barbara Angstadt or Midge Cammin-Schuck, Soldier & Family Life Consultants, at 562-6715, 649-4066 or 649-2522.

Cool off with caution in backyard pools

The Directorate of Public Safety, in conjunction with the Fort Dix Housing Office, reminds all installation residents to cool off with caution this summer when using back yard swimming pools.

Housing regulations lay out in detail the safeguards that must be in place before the splashing begins for the post's kids.

Pools must be wading pools only, with water no deeper than 12 inches.

Adult supervision is required whenever a pool is in use. While a foot of water doesn't seem to pose a great hazard for kids, communities nationwide see tragic and needless drownings every summer as a result of unsupervised pool use by young children. All backyard pools must be emptied when not in use. Covering the pool is not sufficient to meet this standard.

This requirement is in place not only to prevent accidental drownings. Eliminating standing water is a major factor in reducing breeding grounds for mosquitoes that may carry West Nile virus.

Additional copies of the housing regulations may be picked up at the Housing Office, Bldg. 5212.

Rec center now offering Internet access

The Fort Dix Recreation Center, bldg. 5905 Doughboy Loop, now has six computers with Internet access. For more information, call 562-2808.



Carolee Nisbet

Staff Sgt. John Young of the Fort Benning Silver Wings Jump Team carries the flag during a demonstration jump onto Doughboy Field at the Fort Dix Fourth of July celebration.

Birthday tribute lights the night



David Moore

Casey Brown chases bubbles blown by his mom, Jamie, during the Fourth of July celebration.



Stacie Erin Wells, Miss USO 2006 for the USO of Metropolitan New York, performs during the Fourth of July celebration.

Ron Kopp, TIA Enterprises/Megatouch Productions



Carolee Nisbet

Col. David McNeil, installation commander, above left, and wife Martha join the crowd at the Fourth of July celebration. Many were on hand to enjoy good food, entertainment and fun.



Carolee Nisbet

Jeff Boxell, above, plays bass guitar for The Bangers, one of several bands provided to the Fourth of July celebration by Everett Butcher of TIA Enterprises/Megatouch Productions.

David Moore

Club offers affordable weekly condo rentals to DoD cardholders

Luke Elliott
Army News Service

WASHINGTON, July 5, 2006 — Department of Defense ID cardholders are eligible for weekly condominium rentals at 3,500 resorts in 80 countries worldwide.

Provided by Morale, Welfare and Recreation and sponsored by Resort Condominium International, the Armed Forces Vacation Club offers space-available condominiums for \$299 a week.

The program gives Soldiers and other DoD workers affordable accommodations in condominiums that would otherwise go empty, according to Verlin Abbott, RCI director of AFVC.

While the program provides low-cost accommodations to vacation resorts across the globe, Abbott stressed that the condos are "space available" only.

"Don't expect to go to Virginia Beach on the Fourth of July. Go about this with the same approach as a Space-A Hop (flight)," Abbott said, adding that the best time to search for a condo is 45-55 days out.

For such high-demand areas as Hawaii, Las Vegas and Key

West, users rarely see openings until a couple of weeks out, especially during peak seasons.

For each reservation booked using a post identification number, the installation MWR program receives \$25 from the club.

"This money helps add to welfare and recreation programs for Soldiers," said Elvira Franco, manager of the Information, Ticketing and Registration Office at Fort Bliss, Texas.

"I'm often asked, 'What are the dues?'" said Abbott. "If you're wearing a uniform, you've already paid your dues. We hope all Soldiers get a chance to take advantage of the program — they deserve it."

The AFVC is available to active-duty and reserve members, adult military dependents, retired service members and their families, Department of Defense civilians, non-appropriated veterans and some contractors working on a military installation.

For more information visit the Armed Forces Vacation Club Web site at www.afvc-club.com.



Wayne Cook

Stars shine at CIF

Chenega contract employees of the Central Issue Facility receive Certificates of Appreciation and Coins from the deputy program manager for Chenega Integrated Systems, Bill Bollings II, third from right, during a ceremony held at the CIF July 5. Pictured from left to right are James Homer, Paul Wright, Joe Cardi, Ron-shawn Dunston, Barbara Gary, Jesse Jamison, Chandra Stephens, Ronald Casey and Karl Dacres.

Read The Post!



Wayne Cook

Bibles, bangles and beads

Children enjoy a session in the Arts and Crafts room during Vacation Bible School at the Main Chapel June 28. In the photo are, from left, Markus Stevenson, Christian Diaz, Henry Casey, Gustavo Beltran, Thadeaus Cason, Brenda Hedgeman, Alyssa Kovalik, Christopher Moulton, Hannah Knack and Kia Hill.

**FORT DIX
WANTS YOU**

**TO BE A
MAYOR!**

Call Army
Community Service
at 562-2767
to find out more about the
**Fort Dix
Mayors Program**

Relationship Safety

Everyone has the right to feel safe in his or her relationships.
Are you or do you know anyone in an abusive relationship?

Look for these signs:

- threats or intimidation
- isolation from family and friends
- denying access to money
- sexual abuse
- involving or using children in adult conflicts
- destroying personal possessions
- feeling fearful
- painful put-downs
- use of weapons

Important phone numbers:

Providence House hotline
871-7551
NJ Domestic Violence hotline
800 572-SAFE
Fort Dix Victim Advocate
562-2767
McGuire Victim Advocate
754-9672

For emergency assistance call 911

**Do us
a favor.
Don't feed us!**

Fort Dix provides a natural habitat for a diverse population of wildlife. The natural habitat provides ample food resources for the wildlife. Therefore, the Environmental and Natural Resources Branch discourages Fort Dix employees, residents and visitors from feeding the wildlife. Good intentions can have unintended consequences. Don't feed the wildlife for the following reasons:

- Supplemental feeding of wildlife causes wildlife populations to increase beyond the carrying capacity of the natural habitat.
- Increased populations contribute to habitat damage and pollution.
- An increase in automobile/wildlife collisions is likely, causing property damage and human and animal injury.
- There could be an increase in parasites in the wildlife as well as diseases such as Lyme and rabies.
- There is a potential danger to children who are attracted to wildlife which may bite or carry diseases.
- Cost to control overpopulations of wildlife that create a nuisance will increase.
- Some wildlife will venture closer to residential buildings, taking up residence in crawl spaces and under back yard sheds.
- Wildlife becomes dependent on supplemental feeding, resulting in inability to find food on its own when the supplemental feeding stops.

So please remember that while feeding the wildlife on Fort Dix may appear harmless, it could result in unintentional consequences to the wildlife and the quality of life in your community. Fort Dix residents may contact Roger Meyers, wildlife management specialist at 562-5932 to learn about alternative ways to enjoy the wildlife on Fort Dix.

MILITARY MATTERS

National Guard troops fight floodwaters in Pennsylvania

Spec. Jo Michael
Special to American Forces
Press Service

FORT INDIANTOWN GAP, Pa., June 30, 2006 — More than 1,000 members of the Pennsylvania National Guard were involved in water rescues, evacuations and other emergency operations during the past days as widespread flooding caused a disaster emergency to be declared in 46 of the state's 67 counties.

The Pennsylvania Guardsmen were among National Guard Soldiers and Airmen in several states who responded or stood ready to respond if called following torrential rains that left large areas throughout the northeastern United States underwater.

Pennsylvania National Guard troops assisted in nearly 1,000 water rescues after Gov. Edward G. Rendell declared a state of emergency late June 27. Guard members also assisted in evacuations, transported meals to affected counties, delivered water and assisted Pennsylvania State Police at access control points, state officials reported.

Much of the Guard's effort focused on Wilkes-Barre, from which tens of thousands of people were evacuated during the emergency.

In addition to flying missions throughout the commonwealth, Guard members in the state's aviation battalions flew to the small town of Conklin, N.Y., just over the Pennsylvania border, to assist local residents trapped by floodwaters as the Susquehanna River rose to nearly 30 feet.

Crews from the 2nd Battalion, 104th Aviation Regiment, and the 628th Division Aviation Support Battalion traveled north in CH-47 Chinook and UH-1 Huey helicopters to assist in the evacuation.

Broom County officials evacuated more than 4,000 residents to the Susquehanna Valley High School in Conklin, but as the river continued to rise, the school became surrounded by water, trapping the evacuees. The Pennsylvania Guard dispatched five CH-47 helicopters to transport the evacuees from the high school to Conklin Fire Station No. 2. From there, they were transported by bus to emergency shelters.

Maj. John Kubitz and Chief Warrant Officer Patrick Quinton led one of the crews. They maneuvered their CH-47 helicopter around power lines and trees to land on the football field of the high school. Once on the ground, crew members Sgt. Carl Hinton, Sgt. Dan Schmick, Sgt. Gregory Karli and Sgt. Justin Reynolds took charge of leading the evacuees onto the helicopter and securing them for the flight.

Staff Sgt. Greg Heinbaugh and Sgt. William Wrede were



Tim Leedy / Reading Eagle

LIFELINE — Members of Pennsylvania National Guard assist with a helicopter rescue in the Hamburg area of Berks County, Pa., after torrential rains left much of the state flooded this past week. More than 1,000 Soldiers from the Pennsylvania, New York and New Jersey National Guard assisted with emergency operations related to the flooding.

crew members on another Chinook when a call came in that three people were trapped on a rooftop. With nowhere to land, their crew was forced to hover over the house while Wrede was lowered in a jungle penetrator to rescue the residents. Heinbaugh operated the hoist and directed the pilots.

Meanwhile, more than 350 New York National Guard members were called to active duty to respond to flood-related missions in the Empire State.

George E. Pataki ordered the New York National Guard into action late June 27 in advance of the threat of severe flooding along the state's southern tier and other locations, according to Army Lt. Col. Paul Fanning, public affairs officer for the state's Joint Forces Headquarters.

Guard engineer and aviation forces surged forward the following day in support of local authorities in several communities, including the town of Walton and the city of Binghamton, rescuing trapped residents as the flooding began to spread.

The Guard troops helped rescue an estimated 80 residents from homes, trees and rooftops, officials reported. Search-and-

rescue operations continued yesterday throughout the day.

The Guard is also providing four aircraft to assist State Police aviation units and ground personnel in rescue operations and transport supplies to affected counties, as well as 2-and-a-half-ton trucks. Also, the New York Guard is

continuing to transport law enforcement, emergency and hospital workers, helping state utility vehicles. Engineering support is being provided to Delaware and Broome counties. As flood waters recede, the New York Guard remains

postured to continue its support as a part of the coordinated community recovery effort as directed through the State Emergency Management Office, Fanning said. Additional forces and resources stand ready for deployment when and as needed.

In New Jersey, eight National Guard Soldiers just wrapped up three days of active duty, transporting police from Ewing and Trenton, N.J., in high-wheeled vehicles as they conducted last-minute evacuations along the Delaware River, Air Force Staff Sgt. Barbara Harbi-

son, New Jersey Guard spokeswoman, reported.

In addition to supporting the police with 2-and-a-half-ton trucks and Palletized Load System trucks, the New Jersey Guard also manned its Joint Operations Center within the Department of Military and Veterans Affairs, Harbison said.

Fanning called the National Guard response to flooding in the region a testament to the force's readiness and flexibility. "Once again, the Guard was ready and there when needed and will remain in place as long as necessary," Fanning said.

He noted the Guard's role in wide range of missions, often at one time. As the New York Guard provides emergency support in flood-stricken regions, for example, other Guard units continue their homeland defense missions at Grand Central and Penn Stations in New York City, and at the state's nuclear power sites, he said.

In addition, every state that mobilized its National Guard in response to flooding also afflicted also continued to provide troops for operations in Iraq and Afghanistan in support of the global war on terror, officials noted.

(Editor's note: Army Spec. Jo Michael serves in the Pennsylvania National Guard's Public Affairs Division. The American Forces Press Service provided additional information to this report with input from several National Guard public affairs offices.)

Bullets

Web site helps spouses keep in touch through Club Hub system

● **WASHINGTON, American Forces Press Service, June 29, 2006** — Frequent moves make it difficult for military spouses to maintain relationships they make at each new assignment.

But thanks to Meredith Leyva and her CinCHouse.com Web site, military spouses can now stay in touch with one another through Web-based communities.

CinCHouse is a member organization of the Defense Department's "America Supports You" program, which spotlights and facilitates support among private Americans and the nation's corporate sector for America's men and women in uniform. Founded in 1999, CinCHouse is a nonprofit organization of military spouses, and it provides an Internet portal they can use to manage daily activities and establish support groups for one another.

CinCHouse — which gets its name from military shorthand for "Commander in Chief of the House" — initially formed for wives like Leyva who did not have the time to attend meetings during the day, but still needed a way to connect to military wives in similar situations.

The site gives spouses the ability to post their events on calendars, select from a variety of activity groups, upload photos, and send e-mails to each other.

Groups can remain connected even in times of natural disaster. As Hurricane Katrina scattered many military families among several states, Vicki Cariello did not anticipate the split of her own unit. She quickly built a Web site using the Spouse Club Hub system in hopes of re-establishing contact with those she lost touch with. She is now connected with many of the wives from her unit and reaching out to many more.

The Web sites provide an easy and beneficial way for wives to log on at any time and participate whenever they want. The information is updated frequently and offers a variety of topics and discussions to choose from.

The Internet groups also provide a safe haven for those military wives who may be reluctant to join and commit to groups, but still need the support of their peers.

Web site alerts service members whose records were affected by VA data loss

● **WASHINGTON, Army News Service, June 29, 2006** — The Army has activated a secure Web site, <https://ID-Theft.army.mil>, enabling current and former servicemembers to determine if their personal information was potentially compromised as a result of a data loss from the Department of Veterans Affairs on May 3.

The data loss included names, social security numbers and dates of birth of as many as 20 million veterans, to include active and reserve members.

"Although there is no evidence that the data has been used illegally, all Soldiers should be extra vigilant with regard to their financial well-being," said Army Chief of Staff Gen. Peter J. Schoomaker and Sergeant Major of the Army Kenneth O. Preston in a joint message to Soldiers.

For a valid response to queries done at the new Web site, users should enter all requested information in the format specified. Anyone identified as having had their personal information compromised will be linked to the VA Web site, which lists steps for protection from identity theft. For more information, visit www.militaryonesource.com or call (800) 342-9647.



Army News Service

Best of the best

Drill Sergeant Steven Howd receives his award as the 2006 Reserve Component Drill Sergeant of the Year from the TRADOC commanding general, Gen. William S. Wallace.

Announcements



Movie Schedule
at the McGuire AFB Theatre
Movie Hotline 754-5139

Friday, July 7 @ 7:30 p.m.

X - Men : The Last Stand - Cast: Hugh Jackman, Patrick Stewart, Ian McKellen - Synopsis: The discovery of a cure for mutations leads to a turning point in history. Mutants may now choose to give up their powers and become fully human or retain their uniqueness and remain isolated. War looms between the followers of Charles Xavier (Patrick Stewart), who preaches tolerance, and those of Magneto (Ian McKellen), who advocates survival of the fittest. Based on the comic book series
MPAA Rating: PG-13 - PG-13 - intense sequences of action violence, some sexual content and language. Run Time: 1 hour 43 minutes

Saturday, July 8 @ 7:30 p.m.

Over the Hedge - Cast: Bruce Willis, Steven Carell, Garry Shandling, William Shamer, Thomas Haden Church - Turtle Verne (Garry Shandling) and his woodland friends discover that a tall green thing has appeared in the middle of their neighborhood — it's a hedge. R.J., a devious raccoon (Bruce Willis), explains that beyond the hedge are creatures called humans, and the food they throw away is delicious. Verne doesn't want to go, but R.J. convinces everyone that there's no choice. Will the gang of critters venture into suburbia to see what's in store?
MPAA Rating: PG - some rude humor and mild comic action Run Time: 1 hour 27 minutes

Future Features...

The Break-Up
Friday, July 14 @ 7:30 p.m.
PG-13, 110 min.

Over The Hedge
Saturday, July 15 @ 7:30 p.m.
R, 106 min.

Main Chapel

562-5791/562-2020
Sunday services

Protestant at 9 a.m.
Catholic Mass at 10:15 a.m. Gospel at 11:30 a.m.
Catholic CCD is held at 9:15 a.m.
Protestant-Gospel Sunday School at 10:15 a.m.

Religious Services

Islamic Prayer Services
held at noon, Monday through Thursday - Room 24
Adult Bible Study
Wednesdays at 7 p.m.
Catholic Adult Bible Study - Sundays at 11:30 a.m.
Christian Women of the Chapel
hold a **Bible Study** - Tuesdays, 9:30 a.m. to noon

Jewish Services
Shabbat held every first and third Friday evening at 6 p.m. followed by KIDDOUSH Fellowship

Chapel 5 (Bldg. 5950)
562-4847

Memorial Prayer Service for Our Soldiers
5:45 p.m. each Sunday
Computer Room: Mon. - Fri.
9 a.m. - noon / 2-4 p.m. and 5-8 p.m.
Infant Baptism and Lutheran Confirmation
Instruction by appointment

Organizations

Parents Anonymous

A community based self-help group which creates a setting in which parents' help each other develop methods of coping with stress and learn alternative methods of discipline. Our group is led by volunteer professionals but are actually run by parent leaders from our community. Childcare is available to all participating families. The group meets every Tuesday evening from 7 - 9 p.m. in Lumberton, NJ. Please call 609-265-8838 for more information.

'The Workgroup'

Created by behavioral therapist James Leham, offers practical, real-world solutions for the most challenging problems parents face such as defiant, disrespectful attitudes, lying and curbing, lazy unmotivated behavior and more. These parents/caregivers have formed a dynamic force of individuals who help each other in every day life and follow through with James Leham's practices ensuring that they have the opportunity of being a parent again. The Family Support Organization of Burlington County is offering this program every 1st and 3rd Wednesday of the month from 10 a.m. - noon.

County WIC Program Available

Women, Infants and Children (WIC) is a federally funded supplemental nutrition program for pregnant and breastfeeding women, infants and children under the age of 5. Eligibility for the program is based on an income and nutritional or medical risk. WIC can provide infants with iron-fortified infant formula, cereal and juice. Children and women receive milk, cheese, eggs, cereal, juice, peanut butter or beans. Women who breastfeed and do not use any infant formula may also receive carrots and tuna.

The Burlington County WIC Program has clinic sites throughout the county. Evening appointments are available. To learn more about the program call WIC at 267-4303

Youth Center
Bldg. 1279 Locust Street
562-5061

Hours of Operation:
Tuesday - Friday 2 to 7 p.m.
Saturday 1 to 7 p.m.
Sunday CLOSED

Administrative Hours:
Tuesday - Friday noon to 6 p.m.

July Schedule

July 8
Ice Cream Social
4:45 - 5 p.m.

July 8
Water Balloons & Water Gun
7:30 - 8 p.m.

July 11
Boulder Dash
4 - 5 p.m.

July 12
Texas Holdem
4 - 6 p.m.

July 13
Sorry Game
3 - 4 p.m.

July 14
Rental Movie & Popcorn
4 - 6 p.m.

July 14
Karaoke Night @ Teen Center
8 - 10 p.m.

Note: The Teen Center is open Fridays and Saturdays from 7 to 11 p.m. except during the Youth Center's Midnight Basketball nights.

"In Our Own Voice" - Living with Mental Illness

This is a "recovery education" program designed to bring audiences the facts about living with and recovering from severe mental illnesses, such as major depression, bipolar-affective disorder, and schizophrenia. The presentation is a combination of live plus video tape, is given by NAMI/New Jersey volunteers who live with and are in recovery from these disorders. The trained presenters also answer audience questions and provide audience members with information that they may request. For more information please call (609) 265-8838.

Youth Partnership

Youth Partnership is an advocacy organization that meets Thursday evenings from 6:30-8:30 p.m. to inform and educate the Burlington County Community about youth mental issues. Please contact the Family Support Organization of Burlington County at (609) 265-8838.

305 MDG Pharmacy information

Patients using the 305 MDG Ambulatory Healthcare Center who received a prescription must first visit the pharmacy to "check-in and activate" the prescription. An ID card is required. The pharmacy will process the prescription only after check-in.
Current prescriptions may be refilled 24 hours-a-day, seven days a week., by calling 754-9470. Refills can be requested seven to ten days before the prescription runs out. Refills are ready for pick-up two duty days after being phoned in.

Civil Air Patrol Membership

Civil Air Patrol is a vital organization that prepares our youth morally, physically and mentally as leaders of tomorrow. By providing leadership training, technical education, powered and non-powered flight orientation, scholarships and career education for young people (12 - 18 yrs). We are looking for adult and cadet members who want to make a difference in their personal lives while contributing to a strong America. Contact: Major, Michael Sperry 609-239-4616 or msperry1@comcast.net, http://www.njwag.gov/ Building 3412 Neely Rd, McGuire AFB.

ChalleNGe Academy conducts testing

The New Jersey ChalleNGe Youth Academy will be conducting testing at three locations in the state for teenagers who wish to join the Academy. The test administered is the Adult Basic Education Test (T.A.B.E.). Candidates must score a minimum of an eighth grade level to qualify for entry into the academy.

Testing will be held at the Cherry Hill Armory July 10 at 10 a.m. Additional testing will be held at the Atlantic City Air Guard on July 20 also at 10 a.m. and at the Newark Armory July 19.

Candidates must have an application on file before testing. Call 1-800-997-5587 or visit www.ngycp.org for an application or more information

CYS Program Vacancies

Child and Youth Services has slots available in full day care for children ages two to five years old. Openings are also available for before and after school care for youths in kindergarten through eighth grade. For more information call 562-4702.

Fort Dix Mentor Program

All mentors—seasoned, new, or those wishing to apply or learn more about the Fort Dix Mentoring Program. For information call Anna Cooper, school liaison officer, at 562-6271. Make a difference in a child's life.

First Aid & CPR instructors needed

The McGuire/Fort Dix station of the American Red Cross is looking for volunteers to be first aid and CPR instructors. Call 562-2258.

Black History committee

The Fort Dix Black History Observance Committee is looking for volunteers to help with annual celebrations. Call Veverly Wakefield at 562-4036 for more information.

MOBILIZATION NEW YOU CAN USE

WDIX
Commander's
Channel 2

WDIX
Commander's
Channel 2

Post Shuttle Bus

562-5888
Monday to Sunday -- 7 a.m. to 10 p.m.
During the day *Start* Tour buses are used, in evening the military *Bluebird* buses are run.

Dix Shoppette/Class Six/ Gas Station

723-0044
Bldg. 5399, Texas Ave.
Monday to Friday - 6 a.m. to 10 p.m.
Weekends - 7 a.m. to 10 p.m.

New Hours Commissary, BX/PX & Mail

754-4154, 723-6100
Monday to Thursday - 10 a.m. to 8 p.m.
Friday and Saturday - 8:30 a.m. to 8 p.m.
Sunday - 10 a.m. to 6 p.m.

Military Clothing/Sales Store-Alterations

723-2307
Bldg. 5601, Texas Ave.
Monday to Saturday 10 a.m. to 5:30 p.m.
Sunday - Closed.

Club Dix

723-3272
Dix Cafe
Tuesday to Friday 11 a.m. to 1 p.m.
Revolutions Lounge
Opens 4:30 p.m. Tuesday to Sunday
Karaoke every Thursday at 8 p.m.

Spouses' Club Thrift Shop

723-2683
Tuesday and Thursdays - 10 a.m. to 2 p.m.
First Wednesday of each month - 4 to 8 p.m.
First and 3rd Saturday of each month - 10 a.m. to 2 p.m.
Consignments are taken the first three hours of each day the shop is open. Consignment items must be clean and in good condition -- no tears or stains on clothing and shoes, and no heavy chips or dents in furniture or other household items

TRICARE information
1 (877) 874-2773

Appointments
1 (866) 377-2778

Mills Troop Clinic
562-5707

Outdoor Recreation

562-6667
Bldg. 6045 Doughboy Loop
Equipment for rent includes skis, snowboards, canoes, flat bottom boats, canopies of various sizes, tents, tables, chairs and more.
Monday to Friday 10 a.m. - 5 p.m.
Saturday 4 p.m.

Computer Lab

562-5228
Delaware Ave. & First St.
Tuesday to Friday - 1 p.m. to 9 p.m.
Saturday-Sunday - 1 p.m. to 7 p.m.

McGuire Gas Station

723-4705
East Arnold Avenue by th 24-hour gate
Monday to Friday - 6:30 a.m. to 7 p.m.
Saturday - 9 a.m. to 7 p.m.
Sunday - 9 a.m. to 6 p.m.

Firestone

723-0464
Bldg. 4201 on Texas Ave.
Monday through Friday - 7 a.m. to 7 p.m.
Saturday - 7 a.m. to 5 p.m.

Dining Facilities

Bldg. 5640
Breakfast Mon - Sun 6 to 7:30 a.m.
Lunch Mon - Sun 11:30 a.m. to 1 p.m.
Dinner Mon - Sun 4:30 to 6 p.m.

McGuire Shoppette

723-4705
East Arnold Avenue by the 24-hour gate
Monday to Thursday -- 6:30 a.m. to 9 p.m.
Friday -- 6:30 a.m. to 7 p.m.
Saturday -- 9 a.m. to 10 p.m.
Sunday -- 9 a.m. to 7 p.m.

Recreation Center

562-4956
Bldg. 5905 on Doughboy Loop.
Monday through Friday - 1 to 10 p.m.
Saturday and Sunday - noon to 11 p.m.
AT&T Cyber Zone offers computer access for a fee

Burger King

723-8937
Bldg. 5399, Texas Ave.
Monday to Saturday 6 a.m. to 8 p.m.
Sunday 7 a.m. to 8 p.m.

Family Advocacy

562-5200
Chaplain
562-5721/2020
American Red Cross
562-2258
Army Emergency Relief
562-2767

Chaplains' Corner

Chap. (Maj.) Jason Logan
chapel staff

For my first article for the Fort Dix community, I would like to share a parable that is quite inspirational. To my knowledge the author is unknown, but the truth contained is valuable.

Imagine two unborn twins snug and secure in their mother's womb. Though safe for now, they face an unknown future. As the weeks pass into months, the twins notice changes in each other and in themselves.

"We are changing," said one twin. "What can it mean?"

"It means we are close to birth," replied the other twin.

"Well, if it were up to me," said the first twin. "I would live here forever."

"We must be born," answered the other. "It has happened to all the others who were here before." For indeed, there was evidence of life having been there before, as the Mother had borne other children.

"But is there life after birth?" asked the first twin. "How can there be life after birth? Have you ever talked to anyone who has been born? Has anyone ever returned to the womb after birth?" Then he answered his own questions with a resounding, "NO," and fell into despair.

In his despair he cried, "If all our growth ends in birth, then life is absurd and there can be no Mother." And he clutched his precious life cord to his tiny chest.

"But there is a Mother," protested the other. "Who else gave us our world and the nourishment we need?"

"We get our own nourishment, and our world has always been here," countered the first twin. "If there is a Mother, where is she? Have you ever seen her? Does she ever talk to you? NO!"

We invented the Mother to make us feel better." Thus, while one despaired, the other twin resigned himself to birth and placed his tiny trust in his Mother.

Soon it came time. Both twins knew their birth was imminent, and both feared what they did not know...

They gasped the dry air and cried as they were born into the light. Then, opening their eyes and seeing for the first time, they found themselves cradled in the warmth of their Mother's arms and looking upon her lovely face. They were awestruck at the beauty, truth and love they never could have imagined or hoped to know in the womb. They were truly home.

Beloved Fort Dix community, what an absurd thought the first twin child presented: "We invented the Mother to make us feel better?" Is there any doubt that all babies have a mother? How about all of creation, then? Is there really any doubt that there is God who fashions us and gives us life? I would assert that God not only gives us life, but also can give us life eternal!

This parable reminds me of the philosopher William Paley's story of the Watchmaker. Paley said that if someone uncovers a watch that has been buried in the ground, no one assumes that the watch grew out of nothing (i.e., by itself). We would all assume there must have been a Watchmaker!

I think you get the point of the story - life is not meaningless, but it is full of design. There is a God who loves us and desires to be involved in our lives. It is my prayer as a U.S. Army Chaplain that the Soldier will seek a life of faith and hope. Yes, as Soldiers, life at times is filled with guns and war, but we are not alone! In God the future is always bright!

May God bless you and keep you! May God cause His face to shine upon and lift up his countenance upon you and give you peace!

Proper hydration key to preventing heat injuries

J.T. Coleman
Army News Service

FORT RUCKER, Ala., June 16, 2006 - Taking a drink of water when thirsty may be too little, too late in some cases.

"You may already be 1-2 percent dehydrated at this stage, which could result in impaired performance, coordination and concentration," said Dr. John Campbell, U.S. Army Combat Readiness Center Command Surgeon. "Coffee, tea, juice and sodas are not substitutes for water. In fact, some of these are diuretics and can cause you to lose more body fluids."

More than 1,700 heat injuries occurred Army-wide in FY05 according to Brig. Gen. Michael B. Cates, commander of the U.S. Army Center for Health Promotion and Preventive Medicine. Of those injuries, 258 people suffered from heat stroke and 1,467 suffered from heat exhaustion.

"Steps could have been taken to reduce these injuries," said Campbell.

Staying hydrated is critical because it helps maintain proper blood volume, which allows the body to perspire and regulate heat, according to the U.S. Army Center for Health Promotion and Preventive Medicine Web site.

According to Army Technical Bulletin MED507, titled Heat Stress Control and Heat Casualty Management, people performing routine



Maj. Russell Goemaere

HEALTHY HYDRATION
Army Sgt. William Howard from the 3rd Infantry Division's 2nd Brigade Combat Team takes a sip from a water bottle to help keep hydrated in Baghdad's blazing July heat.

activities should drink six to eight quarts of water a day. People in hot environments, or who perform strenuous activities, should increase to between nine to 12 quarts.

"Heat injuries can be preventable," said Campbell. "Leaders, supervisors and Soldiers must keep an eye on each other and look for the early warning signs."

Early warning signs of heat stress include dizziness, headache, nausea, unsteady walk, weakness or fatigue, and muscle cramps.

USACHPPM cautions that over-hydration, or water intoxication, can also be harmful. Some of the symptoms include confusion, weakness and vomiting. Individuals who exhibit these symptoms but are still eating, drinking and urinating should seek emergency treatment.

Heat injury prevention is a command, leadership and personal responsibility. Proper use of Composite Risk Management will help reduce the likelihood of heat injuries.

"Heat injuries and illness pose a serious threat to our Army's force - and a loss of one of our Army team is always deeply felt," Campbell explained.

"Soldiers and civilians are deployed in some of the hottest areas in the world. We want everyone to stay in the fight and continue to Own the Edge."

(Editor's note: J.T. Coleman writes for the U.S. Army Combat Readiness Center.)

Reserve chief shares vision for future

WASHINGTON, Army News Service, June 29, 2006 - Lt. Gen. Jack C. Stultz, who donned a double-hat last month as Chief, Army Reserve and CG, U.S. Army Reserve Command sat down in a round-table discussion with reporters at the Pentagon recently to discuss his visions of the Army Reserve's future.

The Citizen-Soldier

"I've only had two jobs in my life, the military and working for Procter and Gamble. When I left college I joined the Army full-time as an active duty soldier. I left active duty in '79, went to work for P & G, joined the Army Reserve and I've been in one or the other ever since."

"In a minute I'll talk a bit about the vision statement I have on the complimentary capability of civilian and military and how you get the synergy. I've got a good background for that, but I also understand the issues with the Soldiers, the employers and the community because I've lived it, having been deployed for Desert Storm in '90-'91, Joint Endeavor in '97, and for Enduring and Iraqi Freedom in 2002 through 2004."

"I've had to go through those experiences of what it means to put your civilian life on hold, become a Soldier then come back and try to become a civilian again. I understand what it's like in the family support situation: How's the grass going to get cut, the oil changed, those kinds of things. I've lived through all of this, so I think I bring that understanding to the role of really understanding what Soldiers have to deal with in their roles as citizen-Soldiers."

As the chief, it's my responsibility to have Soldiers trained, equipped and ready to go and defend the nation as needed, so I have an obligation to provide warriors.

Lt. Gen Jack C. Stultz
chief, USAR

Army Reserve Vision

"We have really been trying to craft the Army Reserve vision of the future since I came into this position in May. I took what my predecessor had done and just expanded it a bit."

"The Army Reserve is a community-based, federal operational force of skill-rich warrior-citizens providing complementary capabilities for joint-expeditionary and domestic operations."

"First, the Army Reserve is a community-based organization, unlike the active Army. The

active Army has the capability to move Soldiers around, from say, Ft. Campbell, Ky., to Fort Hood, Texas. I can't do that. If I have a Soldier who lives in Orlando, Fla., I can't arbitrarily send him to Louisville, Ky. His job, his home and family are in Orlando. This makes the Army Reserve a community-based organization, which we must recognize."

"Secondly, we're a federal operational force. The old Army Reserve was a strategic force and we advertised it as such, one weekend a month, two weeks in the summertime. That all changed after 9/11 - we're now an operational force. Our nation is involved with the global war on terrorism on an enduring basis. To support that need we have to be an operational force. We have to be much more active and ready on a regular basis in supporting the war."

"Army Reservists are skill-rich warrior-citizens. One of the things the Army Reserve brings to the active Army is a skill-rich force. Think about some of the Soldiers we put into the ranks; they're city planners, water works directors, fire chiefs, police chiefs. They have a civilian background of great skills that they bring with them in the Army Reserve that you don't always get on an active-duty

force. These are skills which translate to capabilities."

"When we're trying to do a reconstruction operation such as the many we're doing in Iraq and we have an individual who is a city planner or a power plant operator, when we deploy him as a sergeant or as a colonel, he brings an added depth. The medical capabilities that we bring to the force in many cases include very experienced, double-board certified physicians."

"This is an enhanced capability. Think of the police officers we deploy in some of our military police formations who have had extensive training in their civilian lives and remain calm under pressure on how to react to certain situations. So when we talk about skill-rich, what I'm really talking about is an added skill or skills their civilian businesses bring to the Army."

Warrior-citizen

"Bringing these civilian skills to a combat environment, I've got to have people who are warriors when I need them to be warriors. As the chief, it's my responsibility to have Soldiers trained, equipped and ready to go and defend the nation as needed, so I have an obligation to provide warriors."

The other word is citizen, warrior-citizen. I also have an obligation to provide a citizen. That obligation says if he or she is going to be in my formation, I've got an obligation that says, if he's going to be in my formation he's not going to be on active duty indefinitely; he's going to be on active duty for a limited time, then he's going back to a civilian career or school, or some other goal that he has in life. I must allow him or her to do that. I've got to provide predictability to that Soldier's life."

ARFORGEN in the Army Reserve

"We're developing the model now that will provide predictability to the Army and to our Reservists. Our model says we'll deploy our forces on a cycle whereby we deploy them into theater for operations, bring

them back home, give them time to get reset, and get them reconstituted and trained again before we deploy them once more. The active Army model is a three-year cycle; in the AR we're developing a five-year cycle which tells Soldiers that they can expect and predict to have four years inactive service before being deployed for up to a year, then come back for another four years of reset and training."

"ARFORGEN is the future of the Army Reserve and the active Army. For one, I've got to be able to tell the Army on a predictable basis just how much capability I'm going to be able to give each year, but I've also got to be able to tell the employers and the Soldiers that this is what they can expect. So if a



Soldier joins the Reserves from high school, he or she can expect to have four years to go to college before being deployed. So the warrior-citizen piece says, I've got to have a warrior when I need him, but I also must let him be a citizen too."

"Warrior-citizen also connotes another thing. This is a contract with the American people. If you'll give me your individual for a year to be a warrior, I'll give you back a better citizen. I'll give you back a person who's mature, who was taught to be a leader, follower and team player. I'll give you back a value-added citizen. The same applies for the employer - give me your employee for a year, I'm going to give back to you a better employee."

Army Reserve, a homeland operational force

"The Army Reserve provides a complimentary capability of skills. While we provide an expeditionary force for deployment to Iraq and Afghanistan, the Army Reserve is also an operational force for the homeland. I know the National Guard has that mission, but the Army Reserve does as well. Right now I have 10,000 Soldiers mobilized in the U.S. They are the drill sergeants training Soldiers at Fort Jackson, Fort Leonard Wood and other training bases. They're the doctors and nurses who are filling out the needs of the military hospitals, treating wounded Soldiers coming back from theater. They're the garrison organizations who are running some of the installations here where we're mobilizing Soldiers to deploy overseas, so we're an operational reserve and operational force for the homeland."

"We just went through an exercise looking at hurricane preparedness. The first and foremost response to hurricane preparedness is going to be through the National Guard within that affected state. We went state-by-state looking at each state's capability to handle a hurricane emergency, and we reviewed the capability of the National Guards within those states and agreed to take on the mission to make-up the difference. We have pre-positioned equipment at Fort Polk, La., and at Fort Jackson, S.C."

"Should a hurricane come into Alabama, I know what the Alabama Guard is going to provide. If they call, we'll be able to provide the additional capability they said they might need. So we're providing that support at home as well as abroad in the war on terrorism."

Recruiting numbers down, not a bad story

"We're not where we'd hoped to have been in recruiting, but we're very close. We're at about 96 percent of our goal for recruiting at this time. We do spike somewhat in the summer-time when we get a lot of high school graduates available. We're 700 short, out of 20,000 for this cycle. Our goal for the year is 36,000. We think we'll come in right in about 96, 97 percent range."

"Not meeting our strength numbers is not a bad story here. The Army Reserve is putting a lot of Soldiers back on active duty. In fact, this past year we put about 1,300 Soldiers on active duty that we got from active duty into the reserves. What we're finding is that Army Reserve Soldiers are deploying and deciding they want to stay on active duty - so we're not resisting, because that's for the good of the Army. I'm losing reserve Soldiers, but I'm losing them to the active Army, which is a good news story."

Steel Angel looking for perfect season



POWER HITTER -- Jack Balmer, above, and Steel Angel are perfect so far this season, leading the softball league with a record of 5-0. NRDP sits in second place at 5-1. Sgt. Amy Heider, right, hustles around the bases as 7233 JRC holds onto third at 4-1.

The big story in softball lately has been the weather. Rain has cancelled several games in the past couple of weeks. Of course if it hasn't been raining, it's been brutally hot and humid.

When the weather has cooperated, Steel Angel has been dominating the competition. Sitting with a perfect record of 5-0, Steel Angel has beaten NRDP, 63 EOD, MWR, and NCOA twice.

NRDP sits in second place, after losing a close 6-5 competition against Steel Angel. NRDP is looking to improve their 5-1 record.

Coming off a second place finish in the preseason tournament, 7233 JRC is showing some muscle with a 4-1 record.

MWR lost against Steel Angel and NRDP, but hold onto fourth place at 4-2.

TF Edison lost to FCI and MWR, sitting in fifth place with a record of 3-2.

The mighty FCI usually hovers at the top of the standings, but have struggled somewhat this season. Out of the gate, FCI lost the first two games this year. First was a close 13-12 loss against 42 RSG. Then FCI

lost to NRDP. After winning against Navy, FCI lost to MWR before winning their next three games. Now at 4-3, FCI is in sixth place.

The season is still young and it's too early to count out the always-powerful FCI, who won the preseason tournament this year.

Holding onto seventh place is 63 EOD, with a 3-4 record. They are closely followed by 42 RSG who are 2-4.

NCOA is 2-5 so far and sit in ninth place.

Navy is looking to win their first game, as they are 0-8.

As the season progresses, look for FCI to try to return to top form. It won't be easy for FCI, who must face Steel Angel and 7233 JRC twice before the season ends.

Standings as of July 3

STEEL ANGEL	5-0
NRDP	5-1
7233 JRC	4-1
MWR	4-2
TF Edison	3-2
FCI	4-3
63 EOD	3-4
42 RSG	2-4
NCOA	2-5
Navy	0-8



photos by Ed Mingin

Sports Shorts

Griffith Field House Saturday & Sunday

9 a.m. to 5 p.m.
Monday - Friday
6 a.m. to 9 p.m.

Doughboy Gym

Newport Ave.
Monday - Friday
5 to 9 p.m.

Closed weekends

Soccer Registration

Soccer registration for the upcoming fall season will begin June 1 and run through Aug. 31, Mon. - Fri. 9 a.m. - 5 p.m.

There is a \$40 soccer fee and an annual fee of \$18, which is good for one year in any of the CYS programs.

Must show proof of sports physical for current year or have one on file.

Youth third grade and above need to register with the McGuire Youth Sports program.

Call 562-4702 or 562-5231 for more information.

Field House Fitness

Spin-It
Mon. noon - 12:45 p.m.

Mon. 6:15 - 7:00 p.m.
Tue. 5:15 p.m. - 6:00 p.m.
Wed. noon - 12:45 p.m.
Wed. 5:15 p.m. - 6:00 p.m.
Fri. noon - 12:45 p.m.

Total Toning

Mon. 5:15 p.m. - 6:15 p.m.

Mind & Body Pilates
Tue. 8:30 a.m.

Thur. 6:15 p.m. - 7 p.m.

Cardio Muscle
Tue. noon - 12:45 p.m.

Power Step

Thur. noon - 12:45 p.m.

Intro to Fitness
Thur. 5:15 p.m. - 6:15 p.m.

Call 562-4888 for more information.

Football & Cheerleading Registration

Registration for football and cheerleading will begin May 22 and run through July 28.

There is a \$70 fee for football and a \$40 fee for cheerleading.

A late fee of \$15 will be charged after July 28.

There is also a fee of \$18 which is good for one year in any CYS program.

Proof of sports physical for the current year is required. Call 562-4072 or 562-5231.



photos by Ed Mingin

The Fort Dix Bowling Center has reopened after having new pinsetters installed, above. Donell Turner, right, gets in a few frames shortly after work was completed. The bowling center is open Mon. - Thur. 5 p.m. - 11 p.m., Fri. 5 p.m. - 1 a.m., Sat. 1 p.m. - 1 a.m., and Sun. 2 p.m. - 9 p.m.



A postcard circa 1950 shows the bowling alley at its former location, which is now the Fort Dix Museum.



OFFICERS VS. ENLISTED

BOSS

PRESENTS

STARS & STRIPES BASKETBALL TOURNAMENT

17TH - 21ST JULY

6PM-9PM

LOCATED @ BLDG 402

FREE FOR ALL TEAMS

AWARDS FOR 1ST PLACE AND INDIVIDUAL TEAM TROPHIES!!

THERE IS A \$3.00 ENTRY FEE 12 AND UNDER WITH ID FREE

FOR MORE INFO CONTACT SPORT & FITNESS @ 718-630-4830, YOSHICA McCULLOUGH @ 718-630-4772 OR SGT CYNTHIA CHAMBLE @ 917-816-0129

GRIFFITH FIELD HOUSE

Spring/Summer Walking Club

Wine, Grills, Buns, & More

Wine, Grills, Buns, & More

12-1pm

At the end of this program, all participants will receive a FREE water bottle. To ensure attendance, you must sign in at the front desk of the Field House prior to each walk.

The whole family can participate in this activity. Bring your friends and bring your kids. Baby strollers are permitted, and you may walk at your own pace.

Sign up today at the front desk of the Field House and start walking your way to a healthier life!

The Walking Club follows the Griffith Field House 5K (3.1 Miles) Map.

For more information, please call the Fitness Coordinator at 609-562-2707.

Are you ready for a disaster?

*What's in
YOUR
closet?!*

Supply Closet Suggestions

7 Day Supply

- Canned meats, fruits and vegetables
- High-energy foods: nuts, grains, granola
- Instant foods and soups
- Non-perishable food
- Over-the-counter medications
- Garage bags
- Water (at least one gallon per person daily)
- Map: Make an escape

One week items: bedding, laundry, personal care, clothing, blankets, prescriptions, money paper and credit, appliances, and important documents

Baselines

- Water: Store in a waterproof container
- Canned and frozen
- Instant noodle soup
- Supplements, deodorant/bleach
- Personal care
- Paper cups/plates, and plastic dishes
- First aid kit
- Plastic storage containers

Be Prepared...Save Money!

Many things may be at your community area COOP or...

*This list of items may not be all you need. For more on disaster preparedness, visit www.ready.gov





A NYNJ SINGLES CRUISE

Meet Other New York/Jersey Singles While Sailing Down The Hudson River in Our Enchanted Dinner Vessel!

- ♥ Enjoy a 3-Hour Cruise along the New York Harbor
- ♥ Experience our First to Entertainment
- ♥ Feast on our Beautiful Buffet
- ♥ Full PrimeTime Open Cash Bar Available

Money due by July 19, 2008

Saturday, Aug. 12, 2008

—Sailing from Chelsea Piers, Pier 61, NYC
Boarding at 6 p.m., Sailing 6:30 to 9:30 p.m.

\$60 THROUGH BOSS ONLY!

Call Cynthia McCallough, 855, at (718) 504-4772 or
855 Cynthia McCallough, 855 PRESS, at 855-861-8129


GET TICKETS EARLY!



DON'T MISS DA BOAT!

ARMY COMMUNITY SERVICE
RELOCATION READINESS PROGRAM
FORT DIX, NEW JERSEY 08640

**CITIZENSHIP & IMMIGRATION
SERVICES**



The Relocation Readiness Program
assists service and family members to obtain:

- Naturalization
- Permanent Residence Card
- Employment Permit
- Fiancee/Spouse Visa

For more information and appointments call
Amada Espinoza at 1-800-877-2580 or (609) 562-2781

Fort Dix Inclement Weather Information
Call 562-4065
*after 6 a.m. for the latest information on weather closures
 and delays, or tune in to WDX Channel 2.*

Honoring the Colors

	Reveille <u>6 a.m. (0600 hours)</u>	Retreat <u>5 p.m. (1700 hours)</u>
Military personnel in uniform	<i>Stand at attention, face the flag and salute at first note.</i>	<i>Stand at attention, face the flag for <u>Retreat</u>; then salute at first note of <u>To the Colors</u>.</i>
Military personnel not in uniform, civilians	<i>Stand at attention, face the flag and place right hand over heart at first note.</i>	<i>Stand at attention, face the flag for <u>Retreat</u>; then place right hand over heart at first note of <u>To the Colors</u>.</i>
Military personnel in formation or in a group	<i>Senior Soldier calls group to "Attention," then "Present, Arms" at first note. Calls "Order, Arms" at conclusion.</i>	<i>Senior Soldier calls group to "Attention," then "Parade, Rest" at first note of <u>Retreat</u>. Calls group to "Attention" and "Present, Arms" at first note of <u>To the Colors</u>, then "Order, Arms" at conclusion.</i>
Individual military personnel, civilians in a vehicle	<i>Stop vehicle and exit. Follow steps above.</i>	<i>Stop vehicle and exit. Follow steps above.</i>
Group of military personnel in a vehicle	<i>Stop vehicle. Individual in charge exits and follows steps above.</i>	<i>Stop vehicle. Individual in charge exits and follows steps above.</i>
Other bugle calls heard on post are: Tattoo.....9 p.m. (2100 hours) Call to Quarters.....9:30 p.m. (2130 hours) Taps.....10 p.m. (2200 hours)		

NCO Call
at Club Dix
Wednesdays at
6 p.m.

WDIX
Channel 2
24/7 information



Melissa Bird

WORKING HAND-IN-HAND -- Retired Brig. Gen. Robert S. Dutko Sr., chairman of the New Jersey Employer Support of the Guard and Reserve (ESGR) committee, above right, presents an award to Col. David McNeil, installation commander, during Employer Appreciation Day at Fort Dix June 30. More than 100 participants got a taste of Army life, including a visit to the Military Operations on Urban Terrain site.



Ed Mingin

Employers go green for a day at Dix

(continued from page 1)

"They tape everything and go over the details. This is as close to Iraq as you can get," Ochipinti said she has dealt with the budget for training, but didn't really understand what happens on the ranges.

"I am very proud to be a part of the Fort Dix team that is helping to train these Soldiers and help get them home safe and sound," she said after completing the tour.

A quick survey of employers told a similar story.

"I knew in general what the Soldiers did here, but this was just amazing," said Chris Pena, AIG. "Every employer should come out to see just how tough this training is."

Employer Support for the Guard and Reserve (ESGR) is a Department of Defense

organization.

The nation's Reserve components (referring to the total of all National Guard members and Reserve forces from all branches of the military) comprise approximately 46 percent of our total available military manpower.

In this environment, civilian employers play a critical role in the defense of the nation by complying with existing employment laws protecting the rights of workers who serve in the Reserve component.

ESGR was established in 1972 to promote cooperation and understanding between Reserve component members and their civilian employers and to assist in the resolution of conflicts arising from an employee's military commitment. It is the lead DoD organization for this mission.



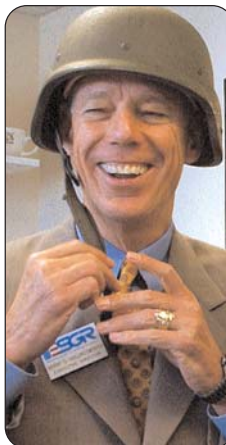
David Moore

A MILE IN THEIR SHOES -- Participants in the Fort Dix Employer Appreciation Day take a ride in a Weasel, a Dutch armored truck vehicle. Prior to deploying to the field, participants were fitted for Kevlar helmets, as demonstrated by retired Marine Maj. Gen. Bobby G. Hollingsworth, executive director for the National Committee for (ESGR), near right. Each participant in the Employer Appreciation Day received a Kevlar poncho, hearing protection, sun screen/bug repellent, water, and a complimentary tote bag. Handing out all this equipment were Soldiers from the Mobilization Readiness Battalion (MRB), including CW3 Michael Ginquitti, far right, shown assisting Kathy Ochipinti of the Directorate of Resource Management. ESGR is a Department of Defense-chartered organization responsible for informing the American business and civic communities about the role of the National Guard and Reserve in the Total Force. It was formed in 1972 to minimize conflicts between part-time military duties and full-time civilian career responsibilities.



Ed Mingin

HANDS-ON EXPERIENCE -- Lisa Post, mayor of Medford Township, above, fires a pistol on the Fort Dix ranges under the careful instruction of Staff Sgt. Robert Meola, a military policeman with the 1079th Garrison Support Unit.



Shawn Morris



Carolee Nisbet